



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Munkelt, Friedemann

Club: SC DHFK Leipzig

Number: 336

Course: 9.67 km

10 km-Lauf

Category:

Männer M60

Total time: 45:01

Speed: 12.00 km/h

Running performance: 4:40 min/km

Rank in course/Total: 119 (of 265)

Rank in course/Men: 110 (of 194)

Best time in course: 32:34

Rank in category: 3(of 7)

Best time in the category: 39:58